



# YOGA THERAPY

## YOUR PRIVATE RETREAT

In today's fast-paced world, the relentless demands of work, the constant notifications buzzing from our devices, and the pressure to keep up with the ever-accelerating rhythm of life contribute to an overwhelming level of stress that we face every day.

Our minds are constantly racing, our bodies tense with the weight of responsibility, and our spirits yearn for a moment of respite amidst the chaos.

In this hustle it's easy to forget the simple art of being.

But within my Yoga Therapy, amidst the tranquility of nature's embrace, you find your personal retreat.

Here, in this oasis of calm, the magic of slowing down unfolds. Just breathe.

**Just be.**



# YOUR BLISS

## RETREAT INCLUDES:

### **GENTLE YOGA**

After grounding meditation Yoga will melt away stiffness, stress, and mental blocks. Feel the rhythm of your breath intertwining with graceful asanas, nurturing your body with renewed energy.

### **CONSCIOUS TOUCH MASSAGE**

Experience the transformative power of conscious touch as you surrender to relaxation. Indulge in the gentle caress of massage and immerse yourself in the soothing scents of nature with our aromatherapy session.

### **SOUND HEALING**

Let your worries drift away as you immerse yourself in a symphony of healing sounds. Allow the resonance of Handpan, Koshi, Native Indian Flute, Crystal & Tibetan bowls, and more to guide you into a state of profound relaxation and harmony where the body cells heals and reset.



# CHOOSE YOUR BLISS:

## BLISSFUL BREEZE

1,5h experience

10 min Intention & Meditation  
40 min Gentle Yoga  
20 min Massage  
20 min Sound Healing

75€

## BLISSFUL DELUX

2h experience

10 min Intention & Meditation  
20 min Cacao Ceremony  
50 min Gentle Yoga  
20 min Massage  
20 min Sound Healing

100€

Group prices available upon request

RESERVATIONS

## CHOOSE YOUR LOCATION

**Alcanada, Port de Alcudia:** escape to a haven of serenity nestled on a beautiful private rock beach with the ocean as your backdrop

**Playa de Muro:** bask in the natural beauty of Playa de Muro, where soft white sands and dunes awaits

**Your Private Villa:** are you already settled in paradise? Invite me to come into your place

## CONCLUDE YOUR RETREAT IN LUXURY

To ensure your complete relaxation, I offer hotel pick-up and drop-off. Let us whisk you away to a marvelous location where you can unwind and recharge. Please, ask for details and surcharge.



## MEET YOUR GUIDE

### MICHAELA JONES

#### Embodiment and Pleasure Coach, Yoga Teacher and Sound Therapist

I am deeply passionate about helping individuals reconnect with their inner essence and embrace the full spectrum of their being.

My path in yoga has evolved over the years into something truly beautiful as I delved deeper into the realms of self-love, tantra teaching of consciousness touch and holistic healing. For over the past seven years, this has been my guiding light, leading me to integrate massage & sound therapy and this is where my Yoga Therapy has been born.

In addition my heart truly comes alive when I am holding sacred spaces, rituals, and women's circles, where we can honor the wisdom of the womb and the sacred feminine ways and I hold space for regular events.

It will be my pleasure to hold sacred space for you.



With love,

*Michaela Jones*